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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-13)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:
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HEADLINE: Koenig Nominated to be 32nd Navy Surgeon General
DOD Washington (NSMN) -- RADM Harold M. Koenig, MC, was nominated on 27 March by the President for appointment to vice admiral and assignment as Chief, Bureau of Medicine and Surgery and Surgeon General. Koenig is currently the Deputy Chief BUMED and Deputy Surgeon General. The current Surgeon General, VADM Donald F. Hagen, MC, retires 29 June after 31 years' service. Hagen became the 31st Navy Surgeon General 28 June 1991.

-USN-

HEADLINE: Hagen Names BUMED's 1995 Shore Sailor of the Year
BUMED Washington (NSMN) -- In a ceremony 15 March at the Navy's Bureau of Medicine and Surgery, Surgeon General VADM Donald F. Hagen, MC, announced BUMED's 1995 Shore Sailor of the Year.

HM1 John H. Callahan, a preventive medicine technician assigned to the Navy Disease Vector Ecology and Control Center in

Jacksonville, FL, was selected as the best of the best for 1995. Next month, he will represent BUMED in the competition for the Chief of Naval Operations' 1995 Naval Shore Activities Sailor of the Year.

Selecting one person as BUMED's Shore Sailor of the Year from among the many fine enlisted personnel assigned to BUMED and its claimancy commands is always a difficult one, and this year was no exception.

The first step was to select three finalists from a field of nine Sailors of the Year -- one each from BUMED; Navy Environmental Health Center (NEHC), Norfolk, VA; Naval Aerospace and Operational Medical Institute (NAMI), Pensacola, FL; Naval Ophthalmic Support and Training Activity, Yorktown, VA; Naval Medical Logistics Command, Fort Detrick, MD; Naval Medical Information Management Center, Bethesda, MD; Naval Health Sciences Education and Training Command, Bethesda; Naval Medical Research and Development Command, Bethesda; and Naval Office of Medical/Dental Affairs, Great Lakes, IL.

The next step brought the three finalists together at BUMED for interviews and a final selection. Callahan, who was NEHC's Sailor of the Year, competed against two other exemplary Sailors: HM1(AW) Wayne M. Furrow, NAMI's Sailor of the Year; and YN1(SW) Marvin D. Smith, BUMED's Sailor of the Year.

Congratulations to all our Sailors of the Year, including HM1(DV/PJ) John D. Correa, Sailor of the Year for Commander, Marine Force Pacific, who is a finalist in the 1995 Pacific Fleet Sailor of the Year (Sea) competition; and DT1 Veronica Allen, Sailor of the Year for Commander, U.S. Naval Activities United Kingdom, who will compete for the title of 1995 Commander in Chief, U.S. Naval Forces Europe Shore Sailor of the Year.

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HEADLINE: Navy Dental Corps Chief Named Distinguished Alumnus
UW-DAA Seattle (NSMN) -- The University of Washington Dental Alumni Association recently announced their 1995 Distinguished Alumnus Award recipient. They selected Chief of the Navy Dental Corps, RADM Ronald P. Morse, DC, USN.

The purpose of the award is to recognize individual alumnus who by their professional achievements and contributions have distinguished themselves, have enhanced the profession, have improved the welfare of the general public and have brought honor to their alma mater.

The award will be presented at the university's alumni dinner during the Washington State Dental Association Pacific Northwest Dental Conference this July.

In notifying Morse of his selection, Frank B. Guthrie, DDS, chairman of the Distinguished Alumnus Committee, pointed out that "this award reflects contributions made over a long period of time and not single outstanding achievements. ... I extend my personal congratulations to a very deserving individual."

-USN-

HEADLINE: TRICARE Questions and Answers
BUMED Washington (NSMN) -- As TRICARE begins coming on line

across the country, questions are coming up. We have answers. Look for TRICARE Questions and Answers in Naval Service Medical News on a recurring basis. If you have questions you'd like addressed in future articles, send them in (see this message's last paragraph on ways to do so).

QUESTION: How will family members' records be tracked if they are assigned to a primary care manager through TRICARE Prime? Will they automatically go with the family upon PCS? What about TRICARE Extra and Standard? Has any mechanism been established for the transfer of records to military health records?

ANSWER: If your medical records are being stored at the military medical treatment facility (MTF), you will pick them up as part of your outprocessing procedure. If your primary care manager, under TRICARE Prime, is located in the civilian community, you have the responsibility to ensure that you obtain a copy upon PCS. If you have obtained care through civilian doctors under TRICARE Standard or Extra, it is to your best interest to ensure that copies of the records be included in your military records file.

QUESTION: Will exceptional family members be given priority for enrollment under TRICARE Prime? Will TRICARE Prime defer the costs that they currently incur when they have to take their children out to local hospitals for specialty care unavailable at the military MTF?

ANSWER: Due to the costs associated with care for exceptional family members, most families with exceptional family members will find it advantageous to join TRICARE Prime. Because some are also covered by other state and federal agencies, however, coverage of all exceptional family members cannot be facilitated through TRICARE Prime. Check with the health benefits advisor at your MTF to see if TRICARE Prime will work in your situation.

If TRICARE Prime does not conflict with other health care coverage, the program will defer costs associated with care at other authorized treatment facilities whenever your child is referred for care under the Prime network. You will still be required to co-pay for outpatient and inpatient care, but the co-pay is minimal, and does not even begin to approach the costs that you would currently incur under CHAMPUS.

-USN-

HEADLINE: Baby Arrives Outside Elevator

NMC San Diego (NSMN) -- HM2 Sam Bond's life as a humble lab technician changed forever with just three simple words.

"Well, sir, I'll never forget them: 'The baby's coming!'"

Upon hearing them, he followed with an equally lengthy response.

"I shouted, 'Ma'am, don't push!'"

All of the sudden, Bond, whose highly technical, microbiotic lab work keeps him buried deep in the catacombs of the laboratory department of Naval Medical Center San Diego, was thrust into the role of emergency medical technician when he assisted in the elevator delivery of Freddie Simpkins III last month.

Arriving to work for his weekend shift 25 February, Bond spotted a couple who appeared to be struggling near one of the traffic circles. When he investigated, he discovered MM3 Trina Simpkins was in hard labor. Her husband, YN3 Freddie Simpkins II was reassuring his wife when Bond offered to escort the couple to labor and delivery.

"The courtyard, big as this hospital is, was deserted," Bond said, speaking in a polite, midwestern drawl. "We searched for a wheelchair but I decided I could get them to the labor deck faster than searching for a chair."

So, they made their way to the elevators.

"I pretty much thought everything was OK until, just before reaching those elevators, she experienced another contraction." Bond stopped and took a moment to reflect: "Now, I may work in the laboratory, but I knew that it couldn't have been more than 30 or 40 seconds since the previous contraction, and I thought, this thing is going to happen soon. OK, another 50 feet to labor and delivery. 'Just a hundred feet, ma'am,' I think I said."

Or pleaded, as the case may have been. Bond admits he was a little nervous.

"You know, this is something we all should do," he digresses somewhat, thoughtfully. "I mean, I see a visitor who looks lost or perplexed or just looks like they need some help, I walk right up to them and just say, 'Sir? or Ma'am? May I help you? Where would you like to go?' It's a courtesy everyone deserves."

"That's what I was doing. I saw this couple and asked if I could just help them. They looked like they needed assistance."

"So, I went to them."

When they reached the elevator, Bond hit the up button repeatedly. So did Dad. Then they waited. Bond said he believed it took the elevator close to 18 years to finally reach them before they entered, but he felt more secure as it finally rose to the third floor and the doors trundled open.

He ushered the couple quickly from the elevator, "But we weren't three steps outside the elevator door when she cried out, 'The baby's coming' and I said 'Ma'am, don't push!' and we took a few more steps and she said 'The baby's here!'"

"I looked down. The baby was being born right there. She was giving birth standing up."

Bond helped Simpkins lower his wife gently to the deck. The baby had emerged and was actually cocooned between the mother's thigh and her pant leg. They removed the infant carefully.

"And when the baby cried, I knew that was a great sign, a very healthy baby," Bond said.

Dad said things were happening too quickly to allow him to be nervous.

"It would have been different if we could have had time to think about this," he said later. "It was kind of a blur, But," he added proudly, "I got to help in delivering my own son. It's an experience most fathers don't get."

At least, not like this.

"You know, my husband and I had already decided he was going to be right there in the delivery room with me," Simpkins added.

"But I guess we didn't make it."

In fact, she remembers very little about the incident after the first couple of contractions. Although, she said she does remember giving birth.

"I kept telling my husband, 'The baby's coming, the baby's coming!' and it wasn't really painful, it was like a push and then I felt little fingers and little hands on my legs."

Bond immediately directed Dad down the passageway to the labor and delivery area while he cared for his two patients as best he could.

"Then the labor and delivery crew came stampeding down the hall and took over right there," Bond remembers. "They placed the infant on his mother's tummy to keep him warm then they were off to labor and delivery."

"I went to wash my hands and finished walking to work. For about 10 minutes I was shaking so bad I didn't know what to do. But for the rest of the day I was walking on air."

"You know, we have those pennants flying out there: Charlie, Golf, One, and they mean that Navy medicine is standing by to assist. I believe that motto," Bond said. "We are nothing here if we're not compassionate. I was just doing my job, but it takes compassion."

Story by H. Sam Samuelson, reprinted from The Compass, 3 MAR 95

-USN-

HEADLINE: New Parent Support Team

NNMC Bethesda (NSMN) -- Too bad babies don't come with an owner's manual. Oh, there is nothing in the world quite as wonderful as a new baby, but there is also nothing in the world quite as exhausting, schedule-demolishing and lifestyle changing. Wonderful, beautiful, miraculous? You bet. But also terrifying at times. Yes, that owner's manual certainly would have helped.

Enter the National Naval Medical Center's New Parent Support Team.

The team consists of Family Support Counselor Rebecca Schwab, Community Health Nurse Angie Nolan and Social Services Assistant Portia Taylor, and they are all here to help parents from the moment of conception right through to the child's fifth birthday.

This is not therapy for people in trouble, although that is available. This is the opportunity for parents to get together, to ventilate and to make new friends who are in the same circumstances, all under the guidance of trained professionals.

So, you are not alone, and that is sometimes all it takes to get through the rough times.

According to the fact sheet put out by the support team, it is a "professional team which provides supportive and caring services to expectant families with children, and new parents. This supportive team was established to assist new parents in coping with the demands of parenthood and military life; to increase their parenting knowledge and skills; and to enhance the lives of newborns and all military children."

That means they're here to help.

The support team is very well aware of the unique problems military families face ... separations, isolation, post-

deployment reunions, to name but a few ... and has tailored its program specifically to the resultant needs.

Nolan said, "Many of our clients are enlisted, don't have much money, feel isolated and are subject to the stress of military moving. It is especially hard to get adjusted with a brand new baby in the family. Programs similar to ours have been found to significantly reduce the rate of abuse and neglect in families being served."

Schwab pointed out that the purpose of the program is not to deal with cases of abuse, but to prevent it. New parents are not left alone to flounder. The team makes follow-up home visits to help new parents in their own environments and to see first-hand how they are dealing with the demands of a new baby.

Nolan said, "If there's a problem, they will be more comfortable talking about it in their own environment, at home. They are reaching out for help."

The moniker "New Parent Support Team" does not accurately describe the people it hopes to serve. You do not have to be a "new" parent at all. All you need be is a parent or an expectant parent who could use a little support or help as you traverse the often rocky path of parenthood. You are welcome if you are an expectant parent, a single parent, a team parent, or the parent of a child with special needs.

Services offered include pre-natal and post-partum workshops, developmental classes, support groups and counseling. All services of the New Parent Support Team are offered at no-cost to the service member and his or her family.

Basically, the team acts as a surrogate family and tries to help in many of the ways that friends and biological families do at home. To find out more information about Parent Support Teams at locations other than NNMCMC Bethesda, contact your base Family Service Center or local medical treatment facility.

The Navy likes to think of itself as a family, and in this case it certainly is.
Story by Teal Ferguson

-USN-

HEADLINE: Nurse Detours for GITMO Refugee Health Care

NAVHOSP Newport, RI (NSMN) -- At the height of the Haitian and Cuban refugee problem last year, LCDR Dianne Aldrich, NC, was one of 30 personnel from Naval Hospital Newport who deployed to the hospital ship USNS Comfort (T-AH 20) in support of Operation Sea Signal.

But within a week after assuming her duties in the military sick call unit aboard the ship, Aldrich, a nurse practitioner, was given a new assignment. She and two other medical personnel were sent to staff an obstetrical gynecology (OB/GYN) unit in the refugee camp at U.S. Naval Base Guantanamo Bay (GITMO), Cuba.

As the number of refugees arriving increased, officials realized the rising need for female health care. An estimated 40,000 refugees were housed in tents, said Aldrich.

"Of that number, between 6,000 and 10,000 were women, and about 1,000 were pregnant," she said.

A nurse midwife and three labor deck nurses sent from duty

stations stateside completed the seven-person unit. They called themselves "The Migrant Women's Health Care Team."

With no existing OB/GYN services available in the camp, the team not only had to build the clinic from the ground up, but had to go out and identify those needing medical services.

The Navy medical staff faced language barriers and distrust, but some of the refugees offered to help. They included a doctor, university professors and students.

"They stepped forward, identified themselves and offered their service," she said.

Working as translators, they helped identify the women who needed assistance but were reluctant to come forward.

Although attached to U.S. Naval Hospital Guantanamo Bay, the OB/GYN unit augmented the hospital unit operated by the Air Force set up in the tent cities. Marines transported patients to and from the clinic.

They worked 10 to 12 hours a day in 95 to 100 degree heat, five days a week, said Aldrich, adding that weekends were spent completing administrative duties.

In addition to treating patients all week, the staff set up and maintained all their own records, drew blood, and counted pills in the pharmacy.

Aldrich said the refugees, from newborn to elderly and chronically ill, had a wide range of health needs.

Reared in a military family, the East Greenwich High School and University of Rhode Island graduate said this was her first deployment in her 13-year naval career. She said she'd do it again.

"It's what we joined the Navy for," she said. "You never know when you'll be called on. That's why it's important for nurses and corpsmen to have clinical experience, so they're better prepared for field experience."

During her four-and-a-half-month tour, an estimated 20 babies were born each month.

"One of the midwives was named godmother to the first baby she helped deliver. We all went to the baptism."

Working side by side not only built new friendships, but helped tear down negative beliefs.

"The refugees were taught that Americans were evil people. But after working with us, they found just the opposite was true," said Aldrich. "They said our military was a strong one and the people very caring, and they would consider us always members of their families and friends."

It also made her sensitive to the plight of these people in search of a better life and what they'll endure to get there.

"It shows you just how strong a people they are. It's one of those experiences that makes you glad you're an American, and equally glad you're in the position to help them."

Story by Joy Christmas, Naval Education and Training Center Staff

-USN-

HEADLINE: Corpsman Up ... and Down

USNH Yokosuka, Japan (NSMN) -- You might say HM3 Brian Safechuck gravitated toward the Marines. He often volunteers to

assist Marine Barracks during training exercises. That's why the Marines recently invited him along during rappel practice on a concrete-rock wall on Yokosuka Naval Base.

"You climb out through the bushes; looking down is real scary," said Safechuck. "But once you went down a few times it was not bad."

Safechuck said he really enjoys working with the Marines. He has participated in five Marine Corps Ball pageants, representing the United States Navy Hospital Corps. He hopes to work with the Marines at his next duty station as well, and has made it clear he's always standing by and ready to assist.

"Whenever they need a corpsman, they know I want to go with the Marines," he said. "They like the corpsmen who are real energetic."

Reprinted from U.S. Naval Hospital Yokosuka's paper, Kenko Shimbun, February 1995

-USN-

HEADLINE: Sailor Sings His Way to a Record Contract

NAVHOSP Camp Lejeune, NC (NSMN) -- With the discovery and signing of new bands nearly every day since the alternative music explosion, many of the traditional musical talents and styles have fallen out of the limelight and received less recognition than in days past.

However, HM2 David Pinell's ability as a southern gospel musician landed him a chance to record an album 8 March in Nashville, TN, for the Eddie Crook Recording Co. "I heard about a small talent competition taking place in Williamston, North Carolina, and I decided to enter and see how I would do. It just so happened that the Eddie Crook Company happened to be there checking out the musicians," Pinell said. "When I finished my song, there wasn't a dry eye in the house, including myself."

Pinell pulls his material from a lifetime spent around music in the church -- his father was an evangelist -- and several emotionally stressful experiences, including Operation Desert Storm. "I was assigned to Second Force Service Support Group on the border, and we were sitting in the bunkers simply waiting for the Iraqis. I wrote the song one night thinking about how fast it could all end if we were attacked," Pinell said. When his uncle died, Pinell said, "I realized I needed music to heal my soul. It was my way of dealing with my emotions."

With the support of Wanda, his wife of nine years, and their three daughters, Pinell said he would like to see the great response he's always received to his songs evolve into a full-time ministry. However, right now, he would like to show the Eddie Crook Co. that he can sell records. "The label says they're very impressed, and I still can't believe I've landed a national single," Pinell said.

The single will come off the album "Someday, I'll Fly," which is due out in May.

Condensed from a story by Cpl Joseph B. Gray III, USMC

-USN-

3. Events, observances and anniversaries 12-22 April:

14 April: Good Friday
 14-21 April: Passover (begins sundown/ends sundown)
 16 April: Easter
 16-22 April: National Organ/Tissue Donor Awareness Week
 (804/330-8500; in IL, 312/431-3600)
 16-22 April: National Medical Laboratory Week (312/738-
 4886)
 17 April: O-5 Staff Corps Selection Board Convenes
 17 April: Deadline for Filing Income Tax Returns
 18 April: National Youth Service Day
 18 April 1945: Ernie Pyle killed
 18 April 1775: Paul Revere's ride
 19 April 1775: Revolutionary War Begins (ends, 19 April
 1783, when George Washington proclaims cessation of hostilities)
 21 April 1945: Allies entered Berlin
 22 April: Earth Day (25th Anniversary)
 22-28 April: National Infant Immunization Week (404/639-
 8225)
 23-29 April: National Volunteer Week (202/223-9186, x146)
 24 April 1800: Library of Congress established
 24-28 April: Electroneurodiagnostic (END) Technologists
 Week (712/792-2978)
 25 April 1945: United Nations organized
 -more-

HEADLINE: U.S. Savings Bonds Campaign Begins 3 April

CNO Washington (NSMN) -- Planning for the future requires setting realistic goals and putting aside a portion of every paycheck. Whether it's for a dream vacation, our children's education, or for retirement, we need to start our planning as early as possible. For over half a century, the U.S. Savings Bonds Payroll Savings Plan has met these needs for many members of our Navy family.

The 1995 U.S. Savings Bonds Campaign will begin on 3 April 1995 and continue through 1 May 1995. The Payroll Savings Plan offers two attractive features in assuring growth of your assets: continuous investing and reinvestment of your earnings. Money is set aside automatically and your savings bonds are mailed directly to you. The more you save, the more you earn.

Savings Bonds are a good way to "Invest in Your Future Today."

Condensed from NAVADMIN 066/95 released by Vice Chief of Naval Operations ADM S.R. Arthur on 27 March 1995

-USN-

HEADLINE: April is Child Abuse Prevention Month

CNO Washington (NSMN) -- The following is an excerpt from a message released by Chief of Naval Operations ADM Mike Boorda:

The President has proclaimed April as National Child Abuse Prevention Month and DOD has proclaimed April as the Month of the Military Child.

The national theme is "The more you help, the less they hurt! Everyone has a role to play." DOD has adopted this theme for promotion throughout our military communities to demonstrate

our commitment to the safe and healthy future of our children.

Reports of child abuse and neglect have exceeded the 2.5 million mark annually in the United States. The Navy recognizes that child maltreatment has short- and long-term negative effects on a child's mental health and development, and is committed to making every effort to prevent this problem in our Navy families. Our goal is to protect our children and to keep them free from abuse.

Everyone is to remain committed to child abuse prevention all year long, not just in April. Keeping children safe is everyone's responsibility. Children who are loved and nurtured today by their families and communities are able to do the same for others when they grow up. Look for ways to break the cycle of abuse. Make this year's theme a legacy for our children, for their future and for our country.

-USN-

HEADLINE: Defense Department Names 1995 DOD Earth Year

CHINFO Washington (NSMN) -- The Department of Defense's endorsement of 1995 as "DOD Earth Year" was recently announced by the Navy's Chief of Information. In a message released 22 March (220107Z), CHINFO said the endorsement recognizes "the important role that environmental preservation plays in the welfare and security of our nation" and "focuses attention on the progress made by DOD and Department of Navy (DON) commands in the formation and growth of their environmental programs. This is aptly demonstrated by the recent establishment of the Global Environmental Security Program."

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4. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR E-MAIL TO BUMED, ATTN: EDITOR, NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 653-0793, DSN 294-0793. FAX (202) 653-0086, DSN 294-0086. E-MAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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